

Stepping ~~Out~~IGHTING

Objective: To understand how student choices affect nutrients provided by the meals.

1. Enter the number of portions chosen for each menu item based on the following information.

November 7-h(k)	
Menu Item	Number of Portions
Pizza	180
Meatloaf	70
Pinto Beans	50
Mashed Potatoes	80
Salad, Tossed	200
Salad Dressing	190
Kale	90
Peaches	250
Cornbread	120
Milk, 1% Chocolate	200
Milk, 2% Lowfat	75
Milk, Whole	25

2. Record the nutrient information for the above portions.

	Calories	mg Sodium	g Sat. Fat	% Cal Sat Fat	g Fiber	mg Iron	g Total Fat	%Cal Total Fat
Unweighted	786	1469	11.29	12.86%	13.25	5.62	30.4	34.6%
Weighted	645	1104	9.51	13.2%	7.6	4.20	25.4	35.3%

Stepping Out

1. Do you record in your production records the number of servings for each menu item? _____
If yes, do you record the number of portions planned? ____ served? ____
2. What do you do to encourage students to make healthier choices? _____
